

# The Pocahontas Times.

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## VALUE OF MEDICAL INSPECTION OF PUBLIC SCHOOLS

Read at a meeting of the Social Center Society, March 6, 1914, by Dr. N. R. Price.

The state of West Virginia has no general law providing for the medical inspection of children attending the public schools. Some of the larger cities and municipalities of the state have instituted such inspection, operative through their local boards of health. As yet the movement has not excited much interest generally in medical circles in the state, nor do I believe the matter has ever come up for general discussion before the Medical Association of the State at its annual meetings, when matters of general interest such as this are usually gone into at length. This would indicate that the movement is yet in its infancy as regards this state. Massachusetts provides for the inspection of all the school children. In nearly all other states it is only operative in the cities of the largest size, and in certain counties by special act of the legislature.

On February 27, the militant Governor Blease of South Carolina, vetoed such a bill applying to one of the counties, characterizing such legislation as "outrageous, uncalled for, ill-advised and dictatorial." This is cited as an extreme view in opposition to general inspection of school children, by the chief executive of one of the states of the union.

The value of medical inspection depends, to a large extent, on the common sense of the inspector, confined to the detection of a few of the salient points, only, regarding the health and general condition of the children, and should in no sense be regarded as a substitute for necessary medical treatment.

Medical inspection in New York City revealed the fact that a large percentage of young children suffer from underfeeding, which has led to the supplying of properly prepared lunches by the school board of that city. The same thing is true of every large collection of school children under the age of twelve. Certain inspection systems of other municipalities have overlooked this important matter altogether, and only noticed diseased conditions and congenital defects and deformities. This is a grave oversight, to be corrected by taking thought. This means that the problem of nutrition has been neglected. We admit that the causes of undernourishment are numerous and closely connected with faulty houses, overcrowding, low wages, alcoholism, poor hygiene, and ignorance of food values. The first step in the problem is the determination of malnutrition. Our mental faculties, our memories, our attention, our power of continuous application, are even more dependent for vigor and vitality on the general condition of our health than on the play of our muscles.

Medical inspection of children under the age of twelve is of the utmost importance in order to safeguard physical development. To neglect the state of nutrition during the early years of school life is to cast aside an opportunity to protect the growing child from the strains and stresses of adult life, against which the nervous system should be well fortified.

Aside from malnutrition, the diseases and defects commonly found in school children are these: Anterior cervical glands enlarged. Posterior cervical glands enlarged. Chorea (a disease of the nervous system). Defective vision. Defective teeth. Hypertrophied tonsils. Adenoids.

To these may be added the detection and correction of physical deformities, tuberculosis, particularly that form affecting the bony structure of the developing child. As a means of detecting and averting the spread of acute infective disease, medical inspection amounts to but little.

We believe medical inspection of the public school system could be made a valuable feature in conserving the health of the civilized community, judiciously administered and carefully protected from the encroachment of partisan politics. It is a step forward in the direction and toward the end that the state will guard the health of its citizens by a system of state medical attention, such as is being developed in England today, by the insurance and medical practice act, originated by that great genius of social economics, the Honorable David Lloyd George, the British Chancellor.

During the next session of the legislature the health and medical practice laws of West Virginia are

likely to be pretty thoroughly revised. Dr. H. D. Hatfield, the governor, is in sympathy with progressive legislation and will favor any progressive legislation along this line. A special committee of the State Medical Association is now working on a general revision of these laws, and at the conclusion of their labors, if West Virginia does not enjoy one of the most up-to-date and practical systems of health laws, it will not be because an earnest effort has not been made to correct many defects and abuses now on our statute books.

With primitive nations and amongst pioneering communities, the health of the people largely resolved itself into an unconscious struggle for the survival of the fittest. The Spartans purposely exposed their children to hardships so that only the fit should survive and perpetuate the race. Civilized nations adopt exactly the opposite plan, nursing and caring specially for the weak and defective in the community. This is part of the white man's burden, sanctioned by common humanity and Christian usage and sympathy.

## FROM CANADA

Chandler, P. Q., March 2, 1914  
Editor Times:—Since coming here last fall we have received several letters from friends in West Virginia—especially from Pocahontas county—asking for information concerning this part of Canada. We have had a splendid winter so far. We have about 30 inches of snow, but not cold at all, and we have had no rain and only two stormy days; we had a few cold days and nights in February.

Our town is located on the waters of St. Lawrence Gulf, six hundred and fifty miles northeast from Montreal, on the Atlantic, Quebec & Western railroad, a single track road from Matapedia 160 miles to Chandler. This company is building three large mills, saw mill, pulp mill, and shingle mill. They are also building a new town, and have several hundred men employed. The mills will be ready for operation June 1st of this year.

This timber limit is said to contain 400,000 acres. They have three large camps in operation in the woods and are building more. They expect to work from eight hundred to a thousand men in the woods when spring opens up. They have about fifteen miles of railroad built into their timber. The people here are mostly French and Irish and seem to be a good class of people. Labor conditions here are good; plenty of men, though wages for common labor are not quite so good as in the States.

F. Campion, well known in Pocahontas county, is general superintendent here, and may move his family here in the spring.

Our town is badly in need of a good hotel. Every place is crowded to its limits, and we would like to see some one open a good restaurant, as there is none in town. We have six or eight good stores, one hospital, opera house; and will have a church soon. The company has a number of dwelling houses, all have water and electric lights; rent is about the same as in West Virginia towns.

Surely this will be a lovely place in summer—situated right on the coast one can see for miles out upon the blue waters of the broad Atlantic.

Any one wishing to come here can have choice of three different routes from Cumberland, Md., to Montreal by Pittsburg, Pa., or from Cumberland by New York City to Montreal or from New York City to Boston and Halifax. The cost is about the same either way—about \$50.00 from Durbin.

We are subscribers to two county papers which we are always glad to get—just like getting a letter from home folks.

JESSE McLAUGHLIN.

## BROWNS CREEK

March came in like a lion and is blowing a furious gale in this section.

H. P. McLaughlin has been seriously ill. We hope for his speedy recovery.

Miss Opal Diley was shopping in Huntersville one day last week.

B. F. White, the fur man, was on the mountain looking for fur last week. He also purchased a mule from I. B. Shrader.

Renick Hogsett, representing a paint manufacturer, has been around taking orders for a powder paint.

Jesse Warwick, of near Greenbank, was through the Hills one day last week, representing the Iron Age Potato Planter Co.

Charley McLaughlin came up from Denmar last week to see his father, Hugh P. McLaughlin, who has been dangerously ill.

## CLAY, W. VA.

Mr. Editor:—We promised last fall to write a word from this place, but have failed thus far to keep that promise.

We left Marlinton the 28th of last October, by the way of Durbin and Elkins for Clay Court House. We spent one night in Elkins. Taking up our journey from Elkins over the Coal & Coke railroad at 11:55 the next day, expecting to reach our destination at 5:12 p. m., but were delayed five hours at Roaring Creek Junction because of a wreck on the road. We arrived at Clay Court House at eleven o'clock in the night and were met at the station by two of the brethren who cared for us during the remainder of the night. We were out of something to eat at Roaring Creek Junction, and the conductor telegraphed to Gasaway for some one to meet us with lunches. A man met the train with a large basket with lunches for eight. A lady seeing us distributing the lunches, asked if we had any more lunches for sale.

Because of the delaying of the train we did not get to see the country as we had hoped to but are told that there is some fine scenery along the route over which we came.

Clay is a small town of about six hundred population, sixteen stores, two jewelry shops, one skating rink, several hotels and is the county-seat of Clay county. There are two churches and two schools, and we have no saloons. There is also a good high school here of which Mr. E. H. Knabenshue is principal. This school is doing good work.

The country surrounding the town is rich in coal and oil, which is being rapidly developed. All the land is being leased that can be had at all. The Elk River Coal and Lumber Company is operating a large coal works near here. We understand that they are making preparation to put up a large lumber plant on their property very soon. They have ninety five thousand acres of coal and timber lands. The land is heavily timbered. There is a bright prosperous future for this place. The soil does not seem very well adapted to farming, as it seems to be of a poor quality. The people seem to depend largely upon public work for a sustenance. We are seven hundred and seven feet above the sea. The climate is milder than that of Pocahontas.

The temperature has not been to zero this winter. The first part of the winter was very mild, but since February set in we have had solid winter. March first was the worst storm of the winter, if not the worst that has been here for years. There is about three inches of snow on the ground this morning.

We regret that the Campbell Lumber Company is moving their plant from Campbelltown. They will be missed. We have spent so many happy hours there with the good people whom we number among our best friends, some of whom we may never see again in this world, but such is the lot of a Methodist preacher. Some of the best people in the world live in Pocahontas county. As we look upon Elk river so calmly flowing by we think of the people who live on the headwaters of it, and the good and happy times we have spent among them and long to be with them again.

With best wishes to all, we are very truly yours,

IRA F. RICKETT.

March 9, 1914.

## FROST

Mrs. B. B. Campbell was in town Friday, and from the load of poultry she took home with her looks like she was going into the poultry business.

W. J. Pritchard has got in a nice lot of fresh maple sugar.

Mr. and Mrs. Lock Herold and children passed through town Friday enroute for Highland county, where Mrs. Herold and children will spend several months with her parents, Mr. and Mrs. Lee Gum.

Alvie Reed's house caught fire Sunday but the flames were soon extinguished, as it was soon discovered it was only the chimney on fire.

Some of our town people attended the quarterly meeting at Buzzard.

J. H. Sydenstricker will close his four months term of school Friday. We believe all the children will be sorry his term is out but he had contracted for another position. Miss Margie Herold will teach the remaining six weeks of the term. Miss Herold is highly recommended as a fine teacher.

Wise Herold's house caught fire Tuesday morning from a defective fire. It caused much excitement, but the fire was soon under control and extinguished.

## MARCH

ANNA L. PRICE

God help the ships in mighty strain,  
Far out upon the stormy main,  
With precious freight of human souls,  
God help the vessel as it rolls.

The winds are out, the freezing cold,  
The rigging crackles to the hold;  
The sailors rush at captain's word,  
And do their best, O, save them, Lord!

Some ships will reach their ports,  
"All right;"  
Rough voyage past, like dream of night;

But some good ships will stranded be,  
And learn the sorrows of the sea.

God help us in the teeth of March,  
Whether on land or ocean's arch;  
We are so weak, so very small,  
When in the hold of Nature's thrall

Who would not fear Thee, mighty God,  
And tremble 'neath the chastening rod;

Who would not love Thee till life's end,  
Who art our Father and our Friend.

## ARBOVALE

Miss Mabel Gillispie came home from Cass to spend a few days with her parents.

Mrs. Sallie Sharp died at her home February 27, in her 108th year. The funeral service was conducted by Rev. Henderson, and her body laid to rest on the home place.

Mrs. J. W. Riley has had a severe attack of grippe.

Miss Coda Whitecotton came home from her school to spend Saturday and Sunday with her mother.

Mrs. Jim Arbogast and little son, of Brush Run, are visiting friends in town.

Mrs. J. W. Piley, who has been visiting her daughter, Mrs. Eskridge, at Marlinton, returned home last week, and reports a pleasant visit.

Sandy Patterson has been confined to his room for a while. Will Riley is tending his mill for him, and is doing a rushing business.

Miss Lottie Edmonson is visiting her sister, Mrs. Roy Shears.

Rev. Henderson preached a very interesting sermon Sunday morning to a large crowd, considering the rough day.

Captain A. E. Smith of Marlinton, was in this neighborhood last week, securing an option on a right-of-way for the Virginia Lumber Company.

Miss Blanche Patterson has been seriously ill for sometime, having to miss several weeks of her school.

Mrs. Lucy Bright and Mrs. Ed Sutton entertained a number of their friends one day last week before leaving for their new home in Virginia. We are sorry to see them go.

D. O. Woods has returned home from Morgantown.

Geo. P. Hice was in town the other day. He says he is going move back as he likes Pocahontas better than he does Preston.

Miss Ada Varner is home from Thornwood, where she spent most of the winter.

O. G. Arbogast is home from Wildell, where he has been teaching a singing school.

Harmen Bennett, of Pendleton county, is visiting at the home of Sam Lambert.

C. E. Flynn made a flying trip to Ronceverte, Friday.

George Hannah was home to see his invalid mother who has been much worse for sometime.

D. Warner is on a visit to his old home in Pendleton county.

Porter Kerr, who has been working at Bartow for sometime, is at home very sick.

Born, to Mr. and Mrs. Arch Pugh, March 1, a daughter.

Born, to Mr. and Mrs. Austin Lightner, March 1, a son.

## RUCKEY

We are having an old time March—snow, sun and storm.

Little Ruth Jackson is about well of jaundice. Dr. N. R. Price attending physician.

Aunt Mary Morrison is dangerously ill, and has entirely lost her mind. She is sister of G. W. McKeever.

Mrs. Susan Rodgers was on the creek Sunday visiting the sick.

Mrs. Lucy Armstrong will go to a Baltimore Hospital tomorrow.

I have 150 tiers of first class wood for sale. I am prepared to furnish both heater, cook and kindling wood at \$1.50 per tier, delivered at Marlinton, orders will be taken at Campbell's store.

A. REYNOLDS,  
Marlinton, W. Va.

## School Department

### FREE SCHOOL DIPLOMAS

The following is the result of the first Common School examination for this year. The manuscripts show a decided improvement along the lines of neatness, spelling, paragraphing, indentation and the like, but we still have some few very poorly prepared papers. It is hoped that the next examination, March 26-27, will show better manuscripts and that the applicants will take more time and pains to prepare fuller answers to the questions. The applicants who were successful in this examination will receive their diplomas in a few days, except those in the Leighton and Edray Districts, where we expect to have a Graduating Exercise in connection with the High School in each of these districts, and so the successful applicants may expect to receive their diplomas at that time. Only elementary diplomas were granted this year owing to the fact that the Department did not prepare any questions on General History and Bookkeeping. The following are the successful applicants, address and average grade:

### Edray District—15

Charles Sharp, Marlinton	86
Mary Eskridge	86
Zan Campbell	82
Gladys Mariett	81
Orlett Bauer	81
Roxie Fulkner	80
Zelma Thompson	80
Hester Wilfong	87
Grafton Bryant	87
Stella Shinnberry Cloverlick	86
Genevieve Moore Stonybottom	86
Nelia Hyder, Yelk	86
Carl S. Hill, Onoto	87
Richard L. Gibson, Slatyfork	87
Miriam F. Morgan	81

### Greenbank District—28

Emmett W. Price, Dunmore	89
Zan Campbell	89
Dorthea Arbogast	89
Willie Sheets	89
Henry Blackhurst, Cass	86
Victor Blackhurst	86
Marjorie Swink	87
Fred Shinnberry	87
Markwood Gum, Greenbank	87
Noel Phillips	83
Charles Calhoun	83
Albert Gallusha, Burner	86
Stella Ordorff, Arbovale	92
Jessie Judy	81
Curtis Wilson, Wildell	87
George Reel	89
Eugene Stanley	91
Grace Harding, Hosterman	89
Lewis Harding	89
Price A. Gragg, Durbin	89
Glyps Vandale	87
James Lawton	85
Stephen Graves	85
Clorus Shiffert	88
Clifton Ruckman	88
Bettie Gum	86
Frank Fulk	86
Warren Arbogast	88

### Huntersville District—13

Myrtle E. Buzzard, Dunmore	85
Worth Loury, Huntersville	85
Anna Mary McLaughlin	90
French H. Moore	93
Auverville Moore	93
Madge Moore	92
Gladys G. White, Minnehaha	91
Julian Lockridge	81
Matilda Caruso, Trainer	81
Lucy M. Collins, Frost	88
Lola B. Herold	89
Hildreth Beverage	87
Quade E. Fertig, Dilley's Mill	90

### Levels District—9

Leora Painter, Denmar	83
Beatrice Gorgy	81
Edith V. May, Beard	84
Harry R. May	87
Moffett Foley	85
Elmer B. Canterbury	88
Duffie A. Morrison, Lobelia	83
Ray A. Cook, Seebert	85
Thrasher Adkison	86

### Pupils making the highest grade.

French H. Moore, Stella Ordorff, Eugene Stanley, Gladys White, Quade Fertig, Anna Mary McLaughlin.

### B. B. WILLIAMS.

### STONY BOTTOM SCHOOL

The Stony Bottom School closed last Friday. The school has been an unusually good one and the patrons are well pleased. So much of a teacher's work is intangible that it is hard to say "this has been done," but it is evident that there are none who have children in the school who can say their children have not "learned" this winter. The teachers, Mr. K. T. Rexrode and Miss Anna Stromstad, however, left one very tangible result of their work in Stony Bottom. There is a fine bookcase with a fine lot of books. A box supper and entertainment netted something over \$33 which was spent in the purchase of 68 books some supplementary readers, books of travel and a few good story books. State Superintendent Shawkey, according to his offer, added to this library for little folks a few of Macaulay's Essays.

Mr. Rexrode collected by subscription \$13 to pay for a large book case. It is a good looking one, with glass doors, bookshelves, a tallman, by Bailey, Stanley McLaughlin, Dennis Tallman was absent one day and Maud Meeks one day and once tardy. Leva Buzzard and Eula Tallman have the unusual record of not having missed a day or been tardy for four years. Mary Bailey and Vergie Lytton perfect for two years.

D. S. B.

### PROGRAMME

For Stony Bottom School Entertainment.

Song by school, My Bonnie

### Life's Railway to Heaven, Mabel Beveridge

Washington Exercise, by Stanley McLaughlin, Della Shields, Mable Purkey, Grace, Sterl and Hunter McLaughlin, Carl Shield, Reese Meeks Gebhart Geiger  
The Drunkard's Dream, Jesse Wilfong  
The Reason Why, Reese Meeks  
An Awful Little Girl, Mary Bailey  
What children should do, Marie Geiger  
Song by the School, Rig-a-jig-jig  
Little Bobby Bumpkin, Warren McLaughlin  
Washington Day, William Lytton  
The Lonely Streets, Mary McAlpin  
Motion Song by primary room  
Will and Won't, Edgar Shinnberry  
Washington's Birthday, Jessie, Lawrence and Lemuel Hoover, Jessie Lytton, Dennis Tallman, Jessie Thomas, Norman Townsend, Raymond Hicklin.  
A Bunch of Sweet Peas, Vergie Lytton  
After School, Ellen Townsend  
The Burglar, Ellis Tallman  
A Little Boy's Hatchel, Stanley McLaughlin  
When Papa was a little Boy, Lucy Geiger  
The Good Old Times, Marie Geiger  
Her Reply, Ralph Geiger  
Washington's Maxims by eleven children

### Song by the School, Juanita

Good Old Times, Eula Tallman  
All Things Beautiful, Maud Meeks  
Decorations, Elva Thomas  
Washington Exercise, Ruby Bailey  
Mabel and Maud Meeks, Ellen Townsend, Marie Geiger  
Luch Gray, Genevieve Shinnberry  
Scale Song by primary room  
Go work for yo' libin', Ed Tallman  
We little Maids, Mabel Meeks  
The Blind Girl, Leva Buzzard  
Which General, Sterl McLaughlin  
A smoko Chimney, Vaughn Geiger and Granville Moore

### Crossing the Delaware, Dennie Tallman

Norman Townsend, Jessie Thomas, Lawrence McCune, Willie Lytton, Raymond Hicklin  
Papa's Letter, Maud Geiger  
Washington Song with flags, primary room  
The Children, Truda Shinnberry  
The last Hymn, Maud Geiger  
Song by School, Goodby Friends.

### BEARD SCHOOL

Report for the 5th month. Perfect attendance—Mayo Beard, Guy Brown, Ruth Moore, Kyle Beard, Harry May, Katie Gabbert, Harper Beard, Anna Jones. Those who have missed one to three days—Edith May, Clarence Dorman, John Gabbert, Hubert May.

Percent of attendance—girls 99, boys 96.—R. Milton Humphreys, teacher.

### SEEBERT SCHOOL

Honor roll for the 6th month. Upper Grades—George Spence, Gladys Clarkson, Lue Syms, Jesse Simmons, Floyd Roberts, Sidney Neathawk, Loyd Payne, Harry Aldridge, Willie Syms, Willie Hoover.—B. P. Humes, Teacher.

Primary Grades—Mabel Simmons, Trudie Aldridge, Lora Payne, Josephine Simmons, Alice Friel, Opal Cook, Abbie Hoover, Lester Neathawk, Rivers Spence, Carl Friel, Garland Irvine, Floyd Jones, Glenn Friel, Cecil Syms, Elmer Kuhn.—Alice Clark, Teacher.

### READING CIRCLE

The fourth and last session of the Greenbank Reading Circle will be held at Dunmore on Saturday, March 21, promptly at 1:30 p. m. As this is the last meeting we will select our topics from lists of our former meetings which we did not have time to discuss. "The teaching of reading," will be discussed by Mrs. V. B. Mann. "How to start beginners in geography," led by Miss Joe Noel and commented on by Miss Anna Cleek. "The teaching of English in the fifth grade," led by A. E. Dearman, and commented upon by Arlie Curry. "Penmanship in the primary grades," led by Miss Bridwell and commented on by Miss Rachel Cassell. "The practical teaching of arithmetic," led by W. E. Hull and commented on by C. E. Flynn. "The school life of the pupil" discussed by A. B. Hoke.

The following are some round table topics which will be discussed. "The advantage of consolidated rural schools over one-room schools;" "the best use of vacation

## YELK

We are having the worst weather of the winter. The mercury registers as low down as Bill Varner's spring house. We are taught to be thankful for all things, but to be thankful for such weather reminds us of the party whose boat had capsized, and when drowning seemed inevitable, asked to be made thankful for what we are about to receive.

Some of the sick are convalescent.

Stockmen are anxiously awaiting the coming of grass.

Railroad building and lumbering goes on regardless of inclement weather.

As to politics, we have our own private opinion, but have to play deaf, dumb and blind or else some one will give a pill that would kill mule.

for pupils;" "How to develop confidence in a timid pupil; trust in a suspicious child; hope in a backward child." "The difference in general aims and specific aims." "The difference in length and number of recitations in the first and eighth grades." "The general purpose of decoration in the school room."

We feel that these are very important topics be discussed in a practical way and we sincerely hope all teachers in the district will come out to this meeting to help and be helped in their school work. W. E. Hull, Chairman

HILLSBORO HIGH BRIEFS

One hundred dollars has been spent for the purchase of books for the high school library. About one half of this amount was raised by society contests and the remainder was given by the Board of Education. The books selected contain works on science, physics, agriculture, standard fiction, history and poems of the more noted English and American poets.

The following mural decorations have been purchased for the recitation rooms: The Return to the Farm, by Troyan, and The Dance of the Nymphs, by Corot. Others will be purchased later.

On Friday, March 13, at 8 p. m., in the auditorium, the music pupils will render a recital of piano and voice.

On Saturday, the Hillsboro High and Marlinton High basket ball teams met on the former's floor and played a very fast game. The score was 20 to 5 in favor of the home team. The line up was Henry Beard, center; Marshall Fuller and William Cackley, guards; Kidd and Kirk, forwards; Hufford and Raine, substitutes.

The high school girls have two basket ball teams—the Eaglets and Owlets. They will have their first public game March 13 9 p. m.

Rev. Lowance instructively conducted chapel on Monday of this week.

About one hundred more books have been purchased for the library.

## OWN YOUR HOME

There's a home for you if you'll only save and bank for it.

Sure it will require some self denial, but it means future happiness.

START AN ACCOUNT

and let us help you save. It is the sure way to succeed.

THE FIRST NATIONAL BANK

Marlinton, W. Va.

## The Fact Remains

No amount of misrepresentation by the peddlers of alum baking powders, no juggling with chemicals, or pretended analysis, or cooked-up certificates, or falsehoods of any kind, can change the fact that

**Royal Baking Powder** has been found by the official examinations to be of the highest leavening efficiency, free from alum, and of absolute purity and wholesomeness.

Royal Baking Powder is indispensable for making finest